ELEMENTS
EATERY FOCUSES ON FRESH AND LOCAL FOOD {page 16}

JACKSON DOC GUILTY
FANS CHEER VERDICT IN MANSLAUGHTER TRIAL {page 5}

BABY?
BIEBS AGREES TO PATERNITY TEST {page 13}

WINNIPEG metro®
Tuesday, November 8, 2011
www.metronews.ca
News worth sharing.

SEAN LEDWICH/FOR METRO

▶ Snow can't dampen the spirits of occupier Darcy Punton, who does a little sign-dance yesterday to keep warm.

Occupy Winnipeg issues demands

▶ Group wants all levels of government to make good on treaty promises ▶ Aboriginal activists provide input into demands

SEAN LEDWICH
WINNIPEG@METRONEWS.CA

Along with the snow has come Occupy Winnipeg's first set of official demands — read aloud and unanimously approved at a general assembly this past weekend.

Occupy Winnipeg released the document late Sunday using social media, describing it as "a statement in solidarity with indigenous struggles across the globe and specific demands to begin to address them."

"We read it out loud and we all applauded," said Pam Godin, who was at the meeting with about 15 occupiers.

Godin said the demands, crafted by a committee of eight, went through a review process that included about 70 people.

It lists nine separate demands, including a "guaranteed material income (water, food, clothes, shelter, health care, education) for all people worldwide," as well as an end to "imposed economic development ... tar sands and associated pipelines, Manitoba Bi-Pole III (and) nuclear waste disposal."

"The idea of the document isn't to speak (for Aboriginals). The idea is to speak about what we've seen and heard them calling for."
ALEX PETERSON, DRAFTING COMMITTEE MEMBER

Implementation of language and cultural reclamation programs, support for traditional and hybrid governance structures, an end to a child welfare system that "promotes apprehension and removal of indigenous children," and the removal of all government security from indigenous communities also make the list.

The document is online at occupy-winnipeg.com/decolonizewinnipeg.

Protesters in the city to stand ground

While Occupy movements in B.C. are about to be evicted, and some in the U.S. have been broken up by authorities, Occupy Winnipeg has not been asked to leave Memorial Park.

However, several occupiers said they would not comply if they were told to vacate.

"I believe that I would be prepared to be arrested, but that's just me personally," said occupier D-Anne Kuby.

Winnipeg occupiers will meet with provincial authorities today to discuss a recent banning of the group from the Legislative Building.

SEAN LEDWICH

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Snow. Day

▶ Winnipeg woke up to a light blanket of snow yesterday morning, prompting groans and grumpy faces throughout the city as 'Peggers dug out their shovels and brushes.

ELISHA DACEY/METRO

It's a pretty sight, but 'Peggers aren't smiling

About two centimetres of snow fell overnight, starting at about 8 p.m. Sunday night and continuing through most of the morning. It could have been worse — Swan River, Man., saw 27 cm of snow overnight.

Talking for a better future

Downtown BIZ invites residents to participate in housing, crime and safety forums

ELISHA DACEY
@METRONEWS.CA

Businesses and residents don't always see eye-to-eye. But the Downtown BIZ says when it comes to the future of downtown Winnipeg, the more communication the better.

Stefano Grande, Downtown BIZ executive director, said that's why the BIZ has opened up its latest series of downtown forums to local residents.

"At the end of the day, businesses and residents want a lot of the same things, and we need to communicate with each other what our goals are and how we can accomplish things," Grande said.

"In the past it's been our business members only; we are first and foremost a business association."
STEFANO GRANDE, DOWNTOWN BIZ EXECUTIVE DIRECTOR

Grande said both downtown residents and downtown businesses want to see a thriving, safe Winnipeg core.

"About 100 people came out to our transportation forum, and it was the same night the City (of Winnipeg) released their transportation plan, just a few minutes away," said Grande. The forum brought together stakeholders, residents and planning experts.

"It led to a good discussion and showed the need to have determined and committed decision-makers to make it happen."

Exchanging ideas

▶ **Forum on Downtown Housing – Tonight**
Winnipeg Free Press News Café (237 McDermot Ave.) Doors open at 4:30 p.m., forum starts 5 p.m. Panelists include: Christopher Leo of the U of W, John Giavedoni of the Residents of the Exchange District, St. Norber Coun. Justin Swandel, developer Mark Hofer, Ross McGowan of CentreVenture. Presentation by City of Winnipeg housing development manager Winston Yee.

▶ **Forum on Downtown Safety – Nov. 17**
Forum from 5-7 p.m., mixer from 7-8 p.m. Panelists include: A representative from the Winnipeg Police Service, Portage Place general manager Dave Stone, crime reporter Gabrielle Giroday, Downtown BIZ executive director Stefano Grande. This will be a presentation of the Downtown Safety Network.

1 news

A special election in Oregon is the first in the U.S. to include iPad-enabled voting. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

As Greece shows signs that its darkest debt days may soon pass, the focal point of investors' fears shifts to Italy. Allan Small has more at metronews.ca/investing

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Man's good deed goes rewarded

A Canadian man who had just helped a motorist change a tire in western Wisconsin had his good deed quickly repaid when, just minutes later, that same motorist helped to save his life.

According to the Wisconsin State Patrol, Victor Giesbrecht, of Winnipeg, was driving Saturday evening on Interstate 94, about 15 kilometres east of Menomonie, when he stopped to help a motorist change a tire.

Patrol Sgt. Michael Newton said that after driving off, Giesbrecht was stricken by a heart attack within a few kilometres.

His wife, Ann, helped bring their pickup truck to a stop, called 911 and waved her arms for help.

At about the same time, the motorists they had just helped pulled up.

The Star Tribune reported yesterday that one of them, Lisa Meier, of Eau Claire, performed cardiopulmonary resuscitation on him until emergency personnel arrived.

A state trooper and two Dunn County deputies took over and used an automated external defibrillator, or AED, to help Giesbrecht regain a pulse and resume breathing.

He was in serious condition yesterday.

Newton said if Giesbrecht hadn't helped with the tire change, his initial rescuer may have remained stranded for too long to play a life-saving role.

THE ASSOCIATED PRESS

Clock ticking for burglary fugitive

SOUTH DAKOTA DEPARTMENT OF CORRECTIONS

▶ Clifford Laframboise

A Winnipeg-born fugitive who fled a U.S. prison and spent 16 years in hiding on a Manitoba reserve has 30 days to decide whether to appeal to Canada's justice minister to not send him back across the border.

If convicted of escaping the South Dakota jailhouse he walked away from in 1994, Clifford Laframboise faces the possibility of serving out every day of the roughly 12 years he has left on an 18-year-long burglary sentence — plus time on top for going on the lam.

Laframboise, also known as Clifford Thomas, willingly gave up some of his rights to fight extradition during a court hearing in Winnipeg yesterday.

The 43-year-old came to court initially prepared to simply consent to being sent back to the U.S. at the discretion of the Canadian government.

But instead, he agreed to retain a small right of appeal after Justice Robert Dewar raised concerns about the length of prison time Laframboise was handed for stealing a Rapid City man's ring and $20 from a church there in the '80s.

"(The 18-year sentence) does seem harsh by Canadian standards," Dewar said.

Laframboise was arrested late last year after U.S. authorities investigating his escape were tipped off that he might be in Manitoba.

RCMP tracked him to the community of Jackhead, north of Winnipeg, where he had been living for years as well-liked community member, husband and father. JAMES TURNER

Five arrested in youth sex-exploitation ring

- Seven at-risk youth between 12 and 17 pulled off the streets
- All had been reported as missing

JAMES TURNER
@METRONEWS.CA

A Winnipeg police operation aimed at protecting youth at risk of sexual exploitation has netted a handful of arrests and the return of missing kids to safety.

The sting, dubbed Project Return, was held Nov. 3 and targeted johns who exploited youths involved in the city's sex-trade, police said yesterday.

The operation was a coordinated effort between police and the umbrella agency Street Reach Winnipeg, which includes the provincial government's child-protection branch.

Five men between the ages of 20 and 40 were arrested and are facing prostitution-related charges.

Of the five, four were released on a promise to appear in court at a later date.

One man was also charged with drug-related offences and was held in custody. Police allege he was attempting to use the drugs to procure sex.

The men were not identified.

Investigators also checked 38 known addresses in search of missing youth as part of the project.

JAMES TURNER/METRO

▶ Insp. Gordon Perrier of the Winnipeg Police Service.

Why not name the suspects?

Winnipeg police don't often identify the people accused of prostitution-related crimes out of a need to balance a lot of different social factors, said Insp. Gordon Perrier.

Those include trying to ensure compliance and participation from offenders in diversion programs aimed at curbing men's involvement in prostitution, Perrier said.

"We want people to participate in those programs," Perrier said, citing a low reoffence rate for people who complete john school.

"It's not about humiliating somebody."

Perrier admitted there's a trade-off involved in not identifying the people arrested, but cited a need to be "strategic" about how police go about cracking down on the problems prostitution and sexual exploitation present.

TWO SUSPECTS

Single trial for case of body found in barrel

Two men suspected in the brutal killing of a young Winnipeg man will be tried together for first-degree murder, a Manitoba judge has decided.

Court of Queen's Bench Justice Brenda Keyser has ruled Cory Tymchyshyn and Kristopher Brincheski will be jointly tried for their alleged involvement in the killing of Chad Davis.

Tymchyshyn launched a bid contesting the joint trial, citing an issue with the Crown's evidence. However, Keyser has refused to separate the two men into separate hearings.

The case remains under a publication ban.

Davis, 22, disappeared in early February 2008 and was declared missing.

Months later, police recovered his remains in a barrel that had surfaced on the Lee River near Lac du Bonnet.

"Separate trials run the risk of inconsistent verdicts being delivered."
JUSTICE BRENDA KEYSER

The grisly discovery set in motion an RCMP homicide investigation that resulted in extensive searches at two city homes — one in West Kildonan, the other on Prince Rupert Avenue in Elmwood.

Brincheski and Tymchyshyn were charged soon after. They have pleaded not guilty and are presumed innocent.

The trial is set to get underway in fall 2012.

JAMES TURNER

Santa Claus Parade needs more elves

The Winnipeg Santa Claus parade is still in need of a few volunteer elves to help spread the holiday cheer this weekend.

The parade, which begins at 5 p.m. on Saturday, runs down Portage Avenue from Young Street and ends on William Stephenson Way off Main Street.

People interested in volunteering can sign up at winnipegsantaparade.com. METRO

News in brief

Real estate values soar

Housing prices have at least doubled across Canada over the past decade, and in Winnipeg, the percentage is even higher.

A report released by Re/Max shows that housing prices in Winnipeg have skyrocketed 158 per cent since 2000, with percentages higher only in Regina, Edmonton and Saskatoon. The average detached home in Winnipeg is now worth more than $230,000, up from $88,000 in 2000.

In Canada, prices have risen an average of 106 per cent.

METRO

Jackson's doctor guilty of manslaughter

'Michael was looking over us,' sister La Toya says after verdict read

Michael Jackson's doctor was convicted of involuntary manslaughter yesterday in Los Angeles after a trial that painted him as a reckless caregiver who administered a lethal dose of a powerful anesthetic that killed the pop star.

The verdict against Dr. Conrad Murray marked the latest chapter in the lurid spectacle that has surrounded the death of Jackson on June 25, 2009.

Members of the singer's family wept quietly, and his mother, Katherine Jackson, said, "I feel better now."

Murray, 58, sat stone-faced during the verdict and was handcuffed and taken into custody without bail until sentencing on Nov. 29.

Throughout the trial he insisted he administered only a small dose of propofol on the day Jackson died. His lawyers blamed Jackson for his own death, saying the singer gave himself the fatal dose while Murray wasn't watching. A prosecution expert said that theory was crazy.

As the verdict was read, a shriek broke the silence in the packed courtroom, and the crowd erupted outside the courthouse. Jubilant fans cheered and held signs that read "guilty" and "killer." Passing motorists honked their horns.

THE ASSOCIATED PRESS

They, the jury

- The jury deliberated for less than nine hours.
- It was unclear whether they determined that Murray administered the fatal dose of the anesthetic propofol in deciding he was responsible for the death of Jackson.
- Prosecutors said Murray violated at least 17 standards of care, a number of which could have resulted in death.

NICK UT/THE ASSOCIATED PRESS

▶ The crowd erupts outside a Los Angeles courthouse yesterday after Michael Jackson's doctor, Conrad Murray, was convicted of involuntary manslaughter in the death of the pop star.

Veterans wage battle to get off the streets

As Canadians look forward to Remembrance Day to honour those who fought for their country, a growing army of homeless veterans are trying to get their lives back on track.

Many of them once wore the smart, crisply pressed uniforms of Canada's forces. Now they're struggling with alcoholism or drug addiction. They often lack basic life skills and don't know where to turn for help.

And their numbers are expected to grow as troops return from Afghanistan.

"I think we're hitting the tip of the iceberg," said Dave Gordon of the Royal Canadian Legion's Ontario Command. "There's a need for a national program."

Research shows that a typical homeless veteran in Canada is 55 years old and left the armed forces 27 years ago after six or seven years of service. Most are single or divorced and better educated than other people living on the street.

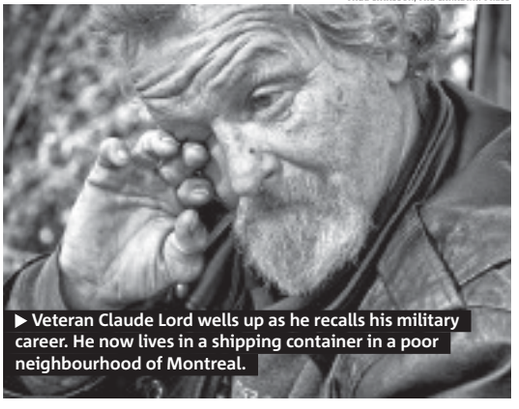
The drinking often started during the soldiers' tour of duty, says researcher Susan Ray of the University of Western Ontario, who interviewed 54 homeless vets for her study.

But homeless veterans are taking steps to get off the street. Across the country, small organizations of former soldiers are seeking out their homeless peers and matching them with shelter, social services and government programs.

"We call ourselves 'ground support,'" said Jim Lowther, founder of the Veterans Emergency Transition Services network in Halifax. "We stick with them until they get back on their feet. It's been really successful."

Ray wants Ottawa to extend transition services for vets into years, instead of the current six months. The services would be aimed at teaching life skills, improving mental health and providing more outreach workers to veterans. THE CANADIAN PRESS

PAUL CHIASSON/THE CANADIAN PRESS



▶ Veteran Claude Lord wells up as he recalls his military career. He now lives in a shipping container in a poor neighbourhood of Montreal.

Foot found in B.C. could have been in water for up to 10 years, coroner says

A foot discovered Friday on the shore of Sasamat Lake in Port Moody, B.C., is significantly different from eight other feet found in the province over the past four years, the B.C. Coroners Service says.

Unlike previous cases in which feet were found in running shoes in saltwater, this foot was found in a hiking boot in fresh water, said Stephen Fonseca, manager of identification and disaster response.

Rust on the metal eyelets of the men's black size 12 Cougar hiking boot suggests it was in the water for a long time. However, there is no evidence that the foot was mechanically removed.

Fonseca says coroners will use the production date of the shoe to try to determine when the wearer died.

KENDRA WONG IN VANCOUVER

KENDRA WONG/FOR METRO

▶ Stephen Fonseca, with the boot.

B.C. coroner probing death at Occupy site

The B.C. coroner's office expects to release more information today about the death of Occupy Vancouver camper Ashlie Gough, 23, who was found dead in a tent on Saturday. The death has prompted a city crackdown on the Occupy sites in Vancouver and Victoria. The campers have been ordered to leave. THE CANADIAN PRESS

No charges after Ottawa bus driver blows a fuse: Police

Ottawa police will not be investigating after a video posted on YouTube showed a city bus driver threatening to harm a passenger, a police spokesman said.

CBC News identified the passenger as Matthew Taronno of Ottawa. The 20-year-old Algonquin College scriptwriting student said he is "mildly autistic" and was reading aloud from a script he had written, which upset the driver.

In the video, the driver can be seen and heard saying, "Shut up. Shut your ignorant (expletive) cake hole. … If you don't shut your (expletive) face I'm going to stick my fist in it."

The police spokesman said the service will consider launching an investigation if a complaint is lodged.

JOE LOFARO IN OTTAWA

Social networks are knocking down barriers between work and private life For employers and employees, navigating the new territory means finding a balance between tweet surrender and a closed Facebook

SEAN MCKIBBON
@METRONEWS.CA

Social media invades the workplace

RYAN TAPLIN/METRO

Checking your Facebook or Twitter feed from the office?

Maybe you're not allowed to, but experts say it's increasingly difficult for employers to enforce policies that disconnect workers from social networks.

"There's a lot of fear. Some companies are staying away from it, some companies are embracing it and there's a whole lot of rogue stuff going on," said Robert Collins, a consultant and former chief information officer for Cognos, a firm purchased by IBM that produces software that tracks employee performance.

Collins said while some managers worry about productivity loss, there's no evidence to show social media or Internet use has any impact on productivity overall.

"Before this technology people found other ways to waste time, chatting to coworkers or on the phone," he said. "There will always be problems with individuals. Those problems have to be addressed individually."

With mobile devices, it's no longer possible or even desirable to simply close off access, said Collins. For some workers, particularly those in communications, there's even a potential productivity gain, he said.

Employers need to face up to reality — social media is here to stay, he said.

"If your organization is not there on Facebook, not there putting out tweets, putting out a blog, somebody is going to fill the vacuum and they're not going to be doing it in the interest of your company," he said. Having a strong social media presence can counteract rogue or critical tweets, he said.

Employers also need to tell employees what is and isn't acceptable on social media. Some employers see personal social media use by employees as reflecting on them and some even ask employees to use their personal accounts for business purposes.

"There isn't any law on any of this. It's all in the realm of corporate policies," said University of Ottawa law professor Michael Geist.

Collins and other experts say firms reap huge payoffs in extra time worked due to employees using mobile devices and laptops at home.

Linda Duxbury, professor and expert on organizational health at Carleton University, said that, in her research, the intrusion into home life isn't balanced by employees using social media or running errands online at work.

"It's all one way. The expectation is that you do work at home," said Duxbury, adding people always had this pressure, but technology makes it easier.

Collins and Duxbury both said employees need to set rules about when they will and won't be connected.

"It's better to have that conversation with your boss when it isn't a problem," said Collins.

A look at some of (very recent) history's most popular social media tools

ICQ
The first Internet-wide instant messaging service still surprisingly has over 100-million (active?) accounts registered, says Time Warner.

MSN
Now named Windows Live Messenger, Microsoft reported in 2009 its baby still attracted more than 330-million active users each month.

FRIENDSTER
Friend-what? One of the original social media sites redesigned in 2011 as a gaming site. It now boasts over 115-million anti-social users.

MYSPACE
No. 1 social site from 2005-2008, MySpace now subsists solely on the coolness of owner Justin Timberlake, who bought a stake in it last June.

FACEBOOK
As of July 2011, Facebook had more than 800-million active users, including half of Canada's population, and, most recently, grandma.

TWITTER
In five years, Twitter has nabbed 200-million users. A fraction of them account for 200-million tweets per day.

SOURCE: WIKIPEDIA (WHO ELSE?)

"I might tend to a private email or a private post while I'm at work, or I may be doing a work post while I'm at home. This very rigid distinction we used to have between work and play is no longer there."
MARK PERRY, ASSOCIATE COMPUTER SCIENCE PROFESSOR AT THE UNIVERSITY OF WESTERN ONTARIO IN LONDON, ONT.

Would you show it to your gran?

Wow. That was some party.

Great pics, too. So what did grandma think of them?

Before you post anything too personal to Facebook or Twitter, heed an expert's advice.

"It's best not to post anything that your grandmother wouldn't like," said Mark Perry, associate computer science professor at the University of Western Ontario in London, Ont. "Because it will come back to bite you at some point."

Perry said you should not only be wary of what you post, but how you post it.

"They should pay close attention to their privacy settings," Perry said when asked what employees should guard against to avoid getting in trouble at work.

And heads up: Watch those emails. If you're sending one titled "jerk boss," you might try "jerk beef" instead.

"There is software nowadays that can monitor email, so that it can search key words," Perry said. "It will select that out of the ingoing and outgoing email to employees." **JIM REYNO**

Quickest way to be de-friended? Post an ad, says expert

Want to be de-friended on Facebook?

Want to go from followed to unfollowed on Twitter?

No? Then stop regularly self-promoting your job or business from your social media account.

"It's about relationships first and sales second," warns Halifax-based social media expert Kathy Colaiacovo.

She should know. It's her business to do so.

Colaiacovo runs Time On Task Virtual Assistant, where she sets up and manages social media marketing for small businesses and entrepreneurs across Canada and the United States.

"I wouldn't have had this business five years ago," said Colaiacovo, whose client list has grown to several dozen.

"Almost every one of my clients has found me online," she said. "So without Facebook, Twitter and LinkedIn … I certainly wouldn't be in a position I would be in right now."

Colaiacovo has a few tips for those attempting to harness the power of social media for work, which more companies are doing and they now expect their employees to do the same.

"You don't want to have them inundated with (updates)," Colaiacovo advised for those who using personal social media sites for work. "In particular on Facebook, you can use lists so that you can ensure that certain groups don't see certain updates."

And don't make it all about you, she warns.

If you do find you're losing friends, Colaiacovo said it could be you're doing too much business networking.

"It comes back to what kind of content they're using and how much they're putting out," she said. HEATHER GILLIS

Dos and don'ts

Some of Kathy Colaiacovo's dos and don'ts for using social media at work.

- **Do fill out your bio information.** That's where people will make snap decisions on whether to follow you.
- **Do pick a user name** reflecting your purpose, company, brand or who you are.
- **Do post using the 50/30/20 rule.** 50 per cent business-related information, 30 per cent personal (things you would say at a networking event) 20 per cent sales.
- **Don't follow more people than follow you.** You'll look like a spammer.
- **Don't join too many groups of pages.** You won't be able to network effectively.
- **Don't post the same kind of update multiple times.** Post useful information others will see has value.

Putting your best Facebook forward

Should work be all about face time with the boss, or is the occasional Facebook chat with a friend OK? We polled 413 Metropolitan Panellists from across Canada on their views on social media in the workplace.

RYAN TAPLIN/METRO

Do you use social media for personal reasons at work?

- **14%** Yes, I provide regular updates throughout the day
- **41%** Sometimes, but only on my breaks
- **45%** No, work time is for working

When should online posts be grounds for dismissal?*

- **48%** When they're work-related and negative
- **37%** When associating with you is embarrassing for the company
- **69%** When they break a pre-existing company policy
- **16%** Never, my online life is my business

Tweet talk. Back in April, Glee extra Nicole Crowther was fired for tweeting a rumoured spoiler, prompting show producer Blad Falchuk to tweet: "hope you're qualified to do something besides work in entertainment."

Are you Facebook friends with your boss?

17% Yes **83%** No

- **@EastCoastKnits:** No way. Facebook is for private life. Work is work.
- **@88Styles:** If I am Facebook friends with my boss I make sure to keep them on a limited profile. My personal life isn't their business.
- **@katbow:** It's okay to friend the boss on FB. That way, there's no surprises when you get sloppy at the company Christmas party.
- **@Altillopinionated!:** I was and the removal resulted in backlash that I will be forever haunted by.

Have you been reprimanded for using a social network at work?

- **1%** Yes, big time
- **46%** No, it's not an issue where I work
- **8%** Somewhat, but nothing harsh
- **45%** I don't use social media at work

- **@DefiantHeather:** I have multi-screen-itis and have been called on it. I prefer to be judged on production, not perception! #multislacker

*PANELLISTS COULD CHOOSE MORE THAN ONE ANSWER

The pictures on your profile are:

- **95%** Tame and wouldn't embarrass my employer
- **5%** Uncensored party shots I wouldn't want my boss to see

ISTOCK

Think those party shots can't get you into trouble? The Internet is rife with stories of people getting canned after boozy photos showed up online.

- **No cheers here.** In 2008, a New England Patriots cheerleader was given the boot after Halloween party photos surfaced on Facebook showing her holding a Sharpie next to a passed-out man covered in offensive graffiti.
- **How tame is tame enough?** Just last month a court ruled against reinstating a Georgia teacher who lost her job after a complaint about photos on her Facebook page was sent to her school. The vacation photos included shots of her drinking at pubs and cafés around Europe.

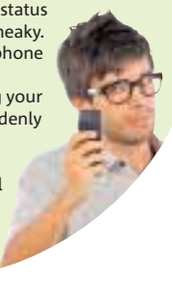
28%

Number of respondents who said they had to be "sneaky" when using social media at work.

Reader tips

We asked: If you must, what are your tips for sneaking onto social media at work?

- **@ChrisDca:** Certain web browser plug-ins can make it possible to update your Facebook status and tweet from the address bar. Sneaky.
- **@Brittanymaria:** Check Facebook on your phone when you use the bathroom.
- **@Gramiq:** take responsibility for running your company's social media accounts. Suddenly you're paid for it!
- **@tamara1479:** my tip for social media is not to sneak at all. Tell the boss studies show it increases productivity!



Metropolitan Panel

Metropolitan Panel is an online research panel dedicated to dialogue with you! When you participate, your voice joins thousands of others in 14 countries. Sign up for the panel at metropolitanpanel.ca, choose your country and join the global conversation!

MAKING THE MOST OF HIS MOUSTACHE

SHE SAYS ...

JESSICA NAPIER
METRO

Remember when November was just that boring month sandwiched between pumpkin-spice-latte season and the holidays? With no long-weekends in the mix, the 30 unspecial days following Halloween would just drag by without any consequence.

Now, this once-dreary month has been taken over by an army of moustached do-gooders. November has been rebranded as Movember — or, as I like to call it, Ironic Facial Hair Appreciation Month.

While fundraising efforts to battle prostate cancer are commendable, fellas with newly acquired 'staches need to realize that these charitable whiskers can be a little uncomfortable for your partner.

"Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair."

If you find yourself getting close to a Mo Bro during this hair-raising month, here are a few things to keep in mind.

In the early stages of moustache growth, your man will probably be working with some pretty weak pre-pubescent hairs. Depending on his growing capabilities, this unsightly stubble may stick around for the entire month. Try to look past the tragic teen 'stache and remember the noble cause behind his creepiness. Is wispy upper-lip hair a turn on? Absolutely not. But there's something pretty sexy about a man who's willing to donate his face to a worthy cause.

If you're used to being with a clean-shaven guy, it's going to take a while to get on board with kissing a moustachioed man. It'll feel a bit like making out with a broom at first. Worst-case scenario, you might even find some stray pieces of food in that soup strainer. Just take a deep breath and remember all the times he called you sexy despite your unruly leg hair.

Depending on his level of creativity, your man may decide to groom his altruistic facial hair into a themed mo. Popular styles include the Captain Hook, the pencil, the horseshoe, the Charlie Chaplin, the toothbrush and, of course, the always creepy handlebar. Some thematic moustaches will make you laugh, but most will make you cringe with horror. Resist the urge to look away. Instead, be supportive and walk proudly down the street with your Hulk Hogan look-alike.

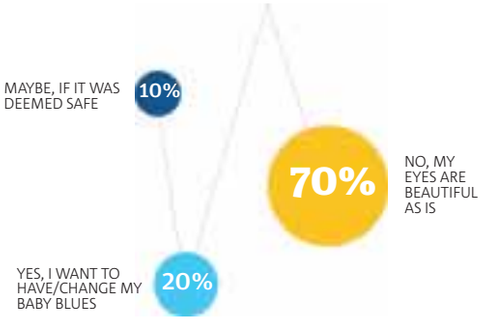
Once his 'stache is fully formed, your man is going to be deluded into thinking that he is the new Magnum P.I. In reality, he'll probably look more like a C-list porn star. To be fair, there are very few men who can pull off a mustache. If you think he might start considering a year-round moustache, quickly insist that Tom Selleck's ladies'-man status is most definitely the exception, not the rule.

Read more of Jessica Napier's columns at metronews.ca/shesays

Metro Panel

Register at metropolitanpanel.ca and take the quick poll

Would you ever consider laser surgery to change your eye colour?



Local tweets

- **@sillysgirl87:** get off the phone and take care of your screaming baby. please, for the love of god. #winnipegtransit
- **@maattt_:** Man, I've got some serious rage problems. Everyone can eff off right now. I'm busy.
- **@derekhen10:** Some people just need to be high 5'd in the face, with a chair. #winnipeg
- **@rachjansen:** Very disappointed in all the winnipegers that are angry with the snow ... #winterpeg #bringonthesnow
- **@DeanOpperman:** My curious cat ruined my scrumptious cinnamon bun with a dashing dart behind my terrific tv. #trueadjectivestory
- **@KatieStarberry:** Maybe if I just sit here and continue to procrastinate eventually I'll be showered and ready to go?
- **@CreakyD:** To counter @twistedxtian's vow to be more encouraging, I will be more discouraging & critical than ever. It'll be tough, but you're all dumb

Worth Mentioning

It turns out that catching cancer early is not always as important as has been thought.

Some tumours are too slow-growing to ever threaten your life. Some are so aggressive that finding them early does not make much difference. And today's treatments are much better for those somewhere in the middle.

Those complexities are changing the longtime mantra that cancer screening will save your life. In reality, it depends on the type of cancer, the test and who gets checked when.

"We can find cancer early. We can reduce the burden of the disease. But along the way, we're learning our tests are not as perfect as we'd like," says the American Cancer Society's Dr. Len Lichtenfeld."We're learning that we're now finding cancer that would in fact never cause harm."

Now cancer specialists are struggling to find a new balance: To quit over-promising the power of early detection and to help people understand the tests themselves have risks — while not scaring away those in need of scanning.

THE ASSOCIATED PRESS

photo of the day

metro PHOTO CHALLENGE

▶ This photo titled Monster City was submitted to the Alienation category by Carlos Silva from Portugal.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

We know you can't go home, but you can't stay here

Pushed for space, a Spanish cemetery has begun placing stickers on thousands of burial sites where leases are up as a warning to relatives or caretakers to pay up or face possible eviction.

Jose Abadia, deputy urban planning manager for northern Zaragoza city, said yesterday the city's Torrero municipal graveyard had removed remains from some 420 crypts in recent months and removed them to a common burial ground.

Torrero, like many Spanish cemeteries, no longer allows people to buy grave sites. It instead leases them out for periods of five or 49 years.

Abadia said the cases involved graves where leases had not been renewed for 15 years or more. He said Torrero currently had some 7,000 burial sites with lapsed leases out of a total of some 114,000.

He said leases generally lapsed because the relatives or caretakers had died or had moved house and failed to renew the contract.

THE ASSOCIATED PRESS

metro

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Arbitrator's ruling a blow for airline union

New four-year deal expires March 2015 More than 65 per cent rejected deal but only 73 per cent voted

The union representing Air Canada's flight attendants slammed an arbitrator's decision yesterday that imposes a tentative agreement negotiated by its leadership but rejected by employees last month.

Canada Industrial Relations Board arbitrator and chairwoman Elizabeth MacPherson endorsed Air Canada's position that the provisions be imposed without alteration.

"I'm disappointed and frustrated," CUPE national president Paul Moist said.

Moist suggested that the government's constant interference in collective bargaining tipped the scales in favour of the company.

However MacPherson noted the union won improvements in the second tentative agreement, unanimously recommended by its bargaining committee.

Air Canada said it was pleased with the decision to implement terms of the deal reached in September.

MacPherson said her decision resembled what would have been achieved had the case not been referred to an arbitrator and instead had run its course through collective bargaining — including the right to a strike or lockout. A strike was averted when federal Labour Minister Lisa Raitt referred the dispute to the quasi-judicial board.

The Canadian Union of Public Employees had wanted the arbitrator to improve upon the second tentative agreement by adding four provisions, including further increasing wages.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 53.73 (12,461.98)	+ 0.39¢ ($0.9875 US)
Oil	**Natural gas**
+ $1.26 US ($95.52 US)	$3.696 US (- 8.7¢)
	Gold
	$1,791.10 US (+ $35.00)

Take. Off

▶ In this Sept. 27 file photo, the first Boeing Co. 787 plane delivered to a commercial customer takes off for Japan, in Everett, Wash. The plane will be operated by Japan's All Nippon Airways.

TED S. WARREN/THE ASSOCIATED PRESS FILE

New Boeing lands with a glitch

Boeing's new 787 plane, which just started carrying paying passengers, ran into its first technical glitch when the landing gear failed to deploy on Sunday. The pilots used "an alternate procedure that worked," according to a Boeing spokeswoman. The plane landed safely and there were no reported injuries.

9 **A U.S. judge said nine graphic, FDA-approved images for cigarette packages go beyond conveying facts and health risks.**

No pics for U.S. cig packs

A judge blocked a U.S. government requirement that would have forced tobacco companies to put images on packages. He ruled it is likely a lawsuit will succeed in blocking the requirement. THE ASSOCIATED PRESS

Europe wary as Greece works to divide power

KOSTAS TSIRONIS/THE ASSOCIATED PRESS

▶ Papandreou

Rival Greek political parties tried yesterday to hammer out a historic power-sharing deal to secure a $179-billion US rescue package, but markets remained wary and European leaders kept up pressure by holding back a vital bailout loan.

Socialist Prime Minister George Papandreou and conservative leader Antonis Samaras held fresh negotiations, hours after reaching the landmark agreement to form a coalition for the next 15 weeks. The new administration's main job will be passing the new bailout package — agreed to by international creditors on Oct. 27 — before holding early elections.

Papandreou, who is expected to resign, also telephoned EU leaders and German Chancellor Angela Merkel. But as of last night, no power-sharing deal had been announced and it wasn't clear if talks with top Greek officials were still under way.

Frustrated with Greece's political disagreements, the country's creditors have frozen the next critical $11-billion loan installment until Greece formally approves the new debt deal. The Greek government has said it could go bankrupt within weeks this.

Greece has survived since May 2010 on a $150-billion rescue-loan program. A second rescue package has been created, which involves private bondholders cancelling 50 per cent of their Greek debt. THE ASSOCIATED PRESS

Automakers plea for tax reform

With millions of petition signatures, major Japanese automakers demanded yesterday the end of what they called exorbitant taxes on cars that threaten to hollow out manufacturing and wipe out jobs.

The plea from the heads of Toyota Motor Corp., Nissan Motor Co., Honda Motor Co., auto unions and dealers underlines the industry's crisis from the March tsunami disaster, the surging yen and stagnant sales.

THE ASSOCIATED PRESS

4M

Japanese automakers collected four million petition signatures demanding an end to high taxes on cars.

EYE HEALTH

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PRESENTED BY: ClearlyContacts.ca metro

2 scene

Chef cooks local, abroad

Canada's Massimo Capra jets around the world in a new series called Gourmet Escapes
Master chef spreads the word about eating natural, local and seasonal products

Canadian celebrity chef Massimo Capra cooks local from afar in his new series Gourmet Escapes.

Flying to locations including Holland, Iceland and Switzerland, the mustachioed, jovial Italian native gets his hands dirty as he meets with farmers and chefs to highlight how various cultures benefit from eating natural, local and seasonal products. He also makes mouth-watering meals out of area offerings (golden beet risotto, anyone?).

In the first episode, which debuted Nov. 2 on Travel+Escape, the Toronto-based Capra visits Northern Ireland, donning a beekeeping suit to extract honey from hives and stopping by a farm where free-range pigs are raised.

In Wednesday's instalment, he goes to Lunenburg, N.S., where he and a local chef go on a fishing expedition that yields mussels, lobster, scallops and a whopping 150-pound halibut.

"The more natural the better it is, and the old-fashioned ... ways are always the best," Capra said in a recent phone interview.

"That's exactly what I've always been about and that's why my food isn't complicated. I call it 'rustic elegance.'

"I want (clients) to taste the thing that they order. I don't want them to have this weird experience where peas are not real peas but they're actually, I don't know, pureed dust with powder on top and mixed with some chemical that turns them into little spheres that look like peas, taste like peas but are not peas at all."

Capra's culinary chops and amiable nature have made him a beloved TV personality. He has a regular spot on Citytv's daytime talk show Cityline and was on the Food Network series Restaurant Makeover.

He also has two restaurants in Toronto — Mistura and Sopra — and is a national column writer and author of two cookbooks.

Capra fell in love with cooking as a child helping out in his mother's kitchen in Cremona, Italy, where he plans to travel later this month to tape an episode for Gourmet Escapes.

He grew up on a farm there until age 14, eating only what was grown or raised by his family, and never wasting leftovers.

"Every Saturday my mother would go into the chicken coop and pick a victim and pet the chicken a little bit and yank the neck and that's it, you know what I mean? And it's done," said Capra.

"You cook it and you eat it and on Sunday, you have a beautiful meal and then you eat the leftovers for the next three days. And amongst that you try to eat as much vegetables and grains as possible.

"So it wasn't meat every single day or twice or three times a day. It wasn't bacon in the morning, burger at lunch and steak at dinner. It was never like that."

Capra has maintained that sensibility throughout his culinary career, cooking with local, in-season ingredients wherever possible.

"Can you get any better nutrients than local and in-season? I don't think that you can," he said, noting some of his clients sometimes don't understand why they can't order fresh fruit at his restaurants in the middle of winter.

"We want to have our strawberries and our raspberries all through the year, right? We're not supposed to. You don't get anything out of those strawberries and raspberries because they are not flavoured. On occasion, yeah, bring them in, by all means — we still need our lemons, we still need our accoutrements in the kitchen.

"But if you train yourself to eat local and in-season, it's the best thing you can do for yourself and for your own environment."

THE CANADIAN PRESS

HANDOUT

▶ Canadian celebrity chef Massimo Capra says that the more natural food is, the better.

Scene in brief

Oscar-winning filmmaker Paul Haggis is joining the Canadian Film Centre to help up-and-coming moviemakers. The CFC announced yesterday that Haggis will serve as chair of the centre's film programs. It's expected he'll deliver one master class each year and will help the centre promote greater international awareness of its movie programs. His first class was set to take place yesterday in Toronto. Raised in London, Ont., Haggis became the first screenwriter to pen back-to-back Oscar winners with 2004's Million Dollar Baby and 2005's Crash, which he also directed.

THE CANADIAN PRESS

Lavigne, Jenner attacked in L.A.

Couple tweeted they were bloodied and bruised

Avril Lavigne and her boyfriend Brody Jenner have tweeted about being attacked and bloodied in Los Angeles.

In a tweet sent out on Sunday evening, Canadian pop-rocker Lavigne wrote that she "got attacked by five people last night out of nowhere."

She tweeted that she had a black eye, bloody nose, had hair ripped out, and was left scratched, bruised and cut.

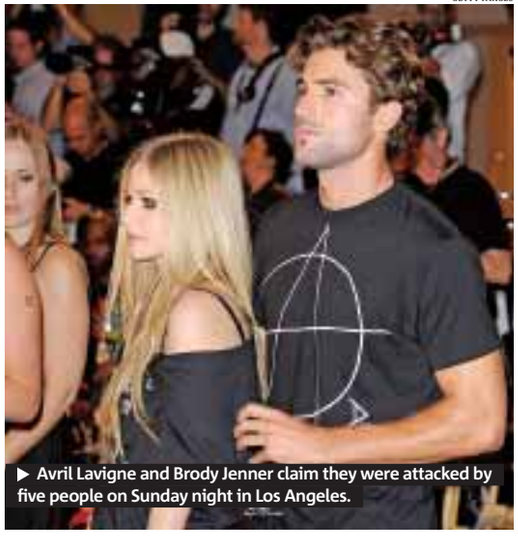
Lavigne added that she doesn't believe in fighting and that it's "not OK to be abusive to others. Violence is never the answer."

Jenner — who has appeared on shows such as The Princes of Malibu and Bromance — had tweeted earlier that he was out with Lavigne and "having the best night with the love of my life ... so happy right now!!" He later tweeted: "Interesting Saturday night.... Just got (out) of the hospital with a new scar on my face."

A spokesman for Lavigne's record label would not provide any further details on the incident.

THE CANADIAN PRESS

GETTY IMAGES



▶ Avril Lavigne and Brody Jenner claim they were attacked by five people on Sunday night in Los Angeles.

Gaga dress and prop gun, John Lennon sketch, Mick Jagger costume among U.S. rock auction items

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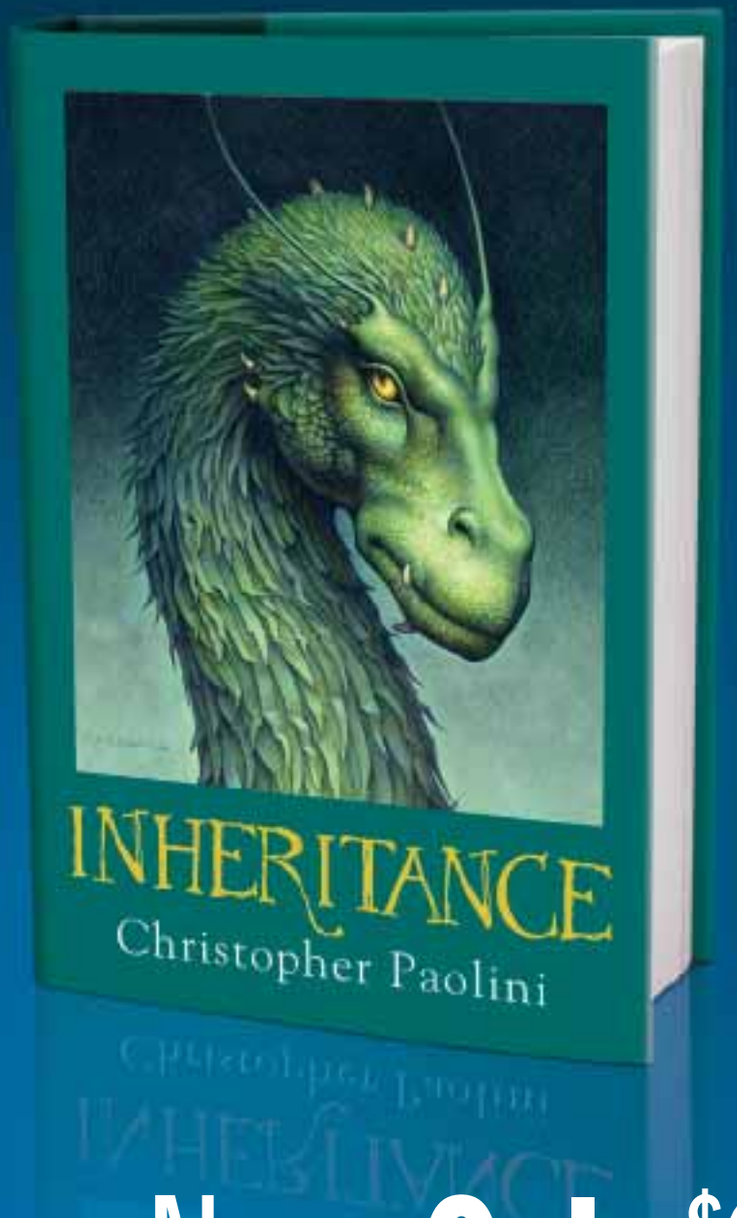

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DVD Releases

Buy it | **Rent it** | **Borrow it** | **Yawn** | **Don't bother**

Cave of Forgotten Dreams

Genre: Documentary
Director: Werner Herzog
Stars: Werner Herzog, Dominique Baffier, Jean Clottes

In Cave of Forgotten Dreams, filmmaker Werner Herzog is moved almost to poetry as he contemplates drawings made 32,000 years ago in the Chauvet Cave in southern France. The acclaimed documentarian extols the 1994 finding of the cave drawings as "one of the greatest discoveries in the history of human culture."

A rockslide in the Ardèche River valley some 25,000 years ago sealed the cave, leaving a natural time capsule that, when finally opened, yielded a cache of charcoal drawings that seemed to have been sketched mere days before.

These ancient artists sketched images of the horses, bears, bison, lions and rhinos that used to roam France.

"Do they dream?" the awed Herzog asks via voiceover of his Paleolithic subjects. "Do they cry at night? What are their hopes?"

Entry to the cave is strictly limited, but Herzog's renown was sufficient to persuade France's Ministry of Culture to allow him unique access.

The team members make excellent use of their privileged entry. The overall effect, aided by Ernst Reijseger's score of rising choral harmonies and lush strings, is one of rapture and magic that will leave the viewer dreaming.

Extras include a Q&A with Herzog.

PETER HOWELL

Page Eight

Genre: Mystery
Director: David Hare

Stars: Bill Nighy, Rachel Weisz, Tom Hughes

Page Eight is an absorbing British thriller, exploring timely and believable themes that aren't the preserve of most such movies — which may explain why it's going straight to DVD following its TIFF gala debut in September.

Written and directed by David Hare, the pen behind The Hours and The Reader, it stars the inimitable Bill Nighy as veteran spy Johnny Worricker, who works for Britain's security service, MI5. Johnny's best friend, Benedict Baron (Michael Gambon), also his boss, is head of MI5's intelligence analysis division, the keeper of explosive secrets.

One such intrigue concerns a mysterious file containing information about U.K. involvement in torture prisons, which the government officially disavows all knowledge of. The file is so inflammatory that it threatens the very existence of the MI5, not to mention the job of the Prime Minister (Ralph Fiennes).

Meanwhile, Johnny has a seemingly chance encounter with his striking neighbour, Nancy Pierpan (Rachel Weisz), who is obsessed with finding out what happened to her brother, who, we are told, was killed by Israeli forces in the Occupied Territories.

Truth is the first casualty of Page Eight's tangled webs; Worricker's career (or worse) could be next.

Rounding out the sterling cast of characters are Judy Davis as Johnny's aggressive, scheming MI5 colleague, and Felicity Jones as his daughter, Julianne.

Extras include cast and crew interviews.

PETER HOWELL

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Is there a bun in the royal oven?

ALL PHOTOS GETTY IMAGES

▶ Kate Middleton has been called out for playing with her hair too much. But now it seems all eyes are on her stomach.

Duchess of Cambridge can't seem to keep her hands off her belly

It seems Kate Middleton can't make a move without sparking pregnancy rumours.

First, while visiting a UNICEF facility in Copenhagen, the Duchess of Cambridge declined to eat peanut paste, a food expectant mothers are usually advised to avoid.

And then her body language later in the visit only prompted further speculation.

"It was very odd," a source tells the Daily Mail.

"Kate would not stop touching her tummy — it was very noticeable. She continually patted it and held her hands against it.

She must have been doing it without realizing, and at one point she had both her hands cradling her stomach."

"It was very odd. Kate would not stop touching her tummy — it was very noticeable."

SOURCE

METRO

BIEBS TO TAKE PATERNITY TEST

ALL PHOTOS GETTY IMAGES

▶ Justin Bieber

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Justin Bieber is putting the kibosh on Mariah Yeater's paternity suit filed in San Diego Superior Court last week. A source confirmed to Access Hollywood that Bieber is going to take a DNA test when he returns from Europe, where he is attending the MTV Europe Music Awards with girlfriend Selena Gomez.

Yeater claims she became pregnant after an encounter in a bathroom with Bieber after a concert last year. The star "went from cute and gushy to just … more aggressive," says Yeater in an exclusive interview with The Insider about their alleged 30 seconds of unprotected sex, which claims resulted in the birth of her son.

Bieber has denied the claims, telling the Today show recently that he's "never met the woman."

He's not stopping at proving his innocence, either: Once the test comes back vindicating the Canadian pop star, his team plans to hit Yeater with a hefty lawsuit "to show there are consequences when somebody trumps up phony, hurtful allegations against a celebrity," a source says.

FOLLOW DOROTHY ROBINSON ON TWITTER @DOROTHYATMETRO

MIXED UP IMMORTALS

Anagram

IMMORTALS is coming November 11, featuring lots of Greek gods, heroes and villains. Following is a list of the cast members, with the parts they play. There's a catch, though, as we've SCRAMBLED the letters that give their roles. It's up to you to unscramble them to spell the names of the 12 IMMORTALS characters. We've given you the first one to get you started... Luke Evans is SUEZ or ZEUS

- Henry Cavill is SEE THUS
  or ■■■■■■■
- Isabel Lucas is AT A HEN
  or ■■■■■■
- Steve Byers is LEACHERS
  or ■■■■■■■■
- Freida Pinto is HARD APE
  or ■■■■■■■
- Joseph Morgan is SLY ANDRE
  or ■■■■■■■■
- Corey Sevier is LA LOOP
  or ■■■■■■
- Kellan Lutz is POISONED
  or ■■■■■■■■
- Stephen Dorff is VS ASTRO
  or ■■■■■■■
- Stephen McHattie is SNARES CAD
  or ■■■■■■■■■
- Mickey Rourke is PHONY IRE
  or ■■■■■■■■
- Robert Maillet is MAIN TOUR
  or ■■■■■■■■

Solutions: (left – right) THESEUS, PHAEDRA, POSEIDON, HYPERION, ATHENA, LYSANDER, STAVROS, MINOTAUR, HERACLES, APOLLO and CASSANDER

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VISIT clubmetro.com TO ENTER

3 life

ISTOCK PHOTOS

▶ Looking into your family history is an important indicator when it comes to identifying your prostate cancer risks.

The Mo(re) you know the better

If you see lots of hairy men around the city this month, don't be alarmed They're sprouting moustaches to raise awareness and funds for research into prostate cancer "Mo Bros" are on a mission to educate

PAULINE ANDERSON
LIFE@METRONEWS.CA

The statistics are disturbing. According to one survey, fewer than half of Canadian men see their doctor on a regular basis. The study also found that almost one in four men haven't had a medical check up in at least five years. All indications are that men wait until their symptoms are severe before seeking medical attention.

Whereas women are "conditioned" from an early age to see their doctor for an annual PAP test, which gives them an opportunity to review their overall health, guys just don't develop this habit, says Dr. Jonathan Kerr, a family doctor in Belleville, Ont.

"Young healthy guys between the ages of 15 and 35 years typically don't see the doctor, which breeds unfamiliarity and even discomfort at the idea of seeing a doctor," says Kerr. He adds that young men often don't see a doctor until they're "sick or have broken something."

It could be that men are averse to feeling vulnerable, or to putting themselves in someone else's care, says Dr. Mel Borins, a Toronto family physician. However, Borins thinks that men's brains are also actually "hard wired" to protect their children and spouse rather than themselves.

Finding the time to see the doctor is another barrier for busy men. But an annual physical exam takes only about 20 minutes, and is an important time to review a man's health history.

Movember

To get involved, register at movember.com.

Research Funds raised this month go to research into prostate cancer and to services for men living with this disease and their families, says Rebecca von Goetz, executive vice-president of Prostate Cancer Canada. Her organization is also launching a 1-800 number to offer tools to these men, including information on where to find a support group in their area.

$22M

Starting in Australia, the Movember movement is celebrating its fifth year in Canada. Last year, almost 119,000 Canadian "Mo Bros" and their supporters raised more than $22 million.

Prostate cancer

Prostate cancer is the most common type of cancer among Canadian men (after non-melanoma skin cancer). In 2011, an estimated 25,500 Canadian men will be diagnosed with prostate cancer, and 4,100 will die of the disease. One in seven men will develop prostate cancer during his lifetime (the risk is highest after age 60) and one in 28 will die of it. Over 90 per cent of prostate cancers are curable if detected and treated early. The five-year survival rate is 96 per cent.

PAULINE ANDERSON

▶ Mustaches aren't just for hipsters.

Be sure, be safe, get tested regularly

All men should get a baseline PSA test every five years starting at age 40, and an annual PSA test along with a digital rectal exam (DRE) beginning at age 50, according to Rebecca von Goetz, executive vice-president of Prostate Cancer Canada.

The tests should begin earlier if there's a family history of prostate cancer (a father, brother or son was diagnosed) or if the man is of African or Caribbean descent, she says.

If cancer cells are confirmed, the next step is to talk to your doctor about whether to get treated or to take a watchful waiting approach, which involves careful monitoring and treating symptoms when they occur.

"It's very much a collaborative discussion between doctors and patients on how they should manage it if there is some indication that there is a prostate cancer," says van Goetz

PAULINE ANDERSON
FOR METRO CANADA

Nearly half of students in Grades 7-12 targeted by sexual harassment: U.S. study

Prostate news you can use

From robotic arms used in surgery to serial testing, major strides are being made to battle prostate cancer

MICHAEL STUPARYK/TORONTO STAR

▶ Dr. Ken Pace (right) prepares for prostate cancer robotic surgery at St. Mikes Hospital.

PAULINE ANDERSON
LIFE@METRONEWS.CA

Prostate cancer can be detected early with a PSA test (a blood test that measures levels of prostate-specific antigen) and a digital rectal exam (DRE). But these tests are not 100 per cent accurate.

Researchers are making headway in improving prostate cancer detection tools and in perfecting treatment approaches. Here are some areas they're looking into.

Genetic contribution

The Canadian Prostate Cancer Genome Network brings together researchers from across the country to sequence the DNA in different tumor types.

Thanks to this $20 million genetic mapping project, treatment decisions could eventually be based on personal genetics.

To treat or not to treat

The idea of closely watching some patients with prostate cancer and treating them only if and when necessary is taking hold in Canada, says Dr. Joseph Chin, professor and chair in the division of surgical oncology at the University of Western Ontario in London.

Nomograms

Dr. Robert Nam, a Canadian Cancer Society researcher at McGill University, has developed a new tool that may more accurately calculate the risk of prostate cancer.

It relies on age, ethnicity, family history, prostate size, and overall health, as well as the standard PSA and DRE test results.

Serial PSA testing

Research suggests that if a PSA level increases quickly, it may indicate cancer, so checking levels repeatedly may pick up this rapid rise earlier.

Improved imaging

Magnetic resonance imaging machines (MRIs) "are stronger, better and more powerful" than ever and are able to more precisely tell doctors where to biopsy, says Chin.

Diet and lifestyle

Emerging research indicates that a high-fat diet may raise risks for prostate cancer.

High-fat meats that are charred or cooked at high temperatures as well as preserved meats, such as bacon and deli meats, could pose the highest risk.

New test

Canadian researchers have helped develop the PCA3 system, a molecular urine test that could help identify more aggressive prostate cancers.

Improved surgery

Canadian Cancer Society researchers are looking at implanting tiny radioactive seeds in a prostate tumor.

It may prove to be a more precise way of treating patients while reducing side effects.

Robotic-assisted surgery

This procedure is growing in popularity.

The outcome is comparable to standard prostate surgery, says Chin, who did the first such procedure in Canada in 2004. The procedure is not for every patient, and depends on such things as the size of patient, the location and extent of the cancer and how aggressive it is.

Focal therapy

Researchers in London and Toronto are collaborating on a project to improve detection and treatment of localized prostate cancers.

"The prostate is the size of a walnut and if we can somehow confirm that the cancer is not affecting the whole walnut but is confined to a pea-sized area within that walnut, then we might be able to just treat the pea," explains Chin.

Hormone therapy

Researchers are investigating whether hormone therapy affects quality of life for patients. Treatment can hot flashes, lethargy, weak bones and anaemia.

Canadian Cancer Society / Société canadienne du cancer
MANITOBA DIVISION

We're Fighting Back Against Prostate Cancer

Prostate cancer is the most frequently diagnosed cancer in Canadian men. Thanks to your support the Canadian Cancer Society is making significant progress in the fight against all cancers including prostate cancer.

Just last month, clinical trials funded by the Society found that a new treatment regime increases survival for men with high-risk prostate cancer by 43%. This new treatment option is available today and is saving lives now.

With your help, we can continue fighting back.

Your support ensures we are able to continue sponsoring cutting-edge cancer research that is developing new drugs and saving the lives of more of our fathers, brothers, sons, uncles, and friends.

To make a donation, please visit www.cancer.ca or call us at 774-7483.
Donations can be earmarked to fight prostate cancer or can be given towards the fight against ALL cancers.

- **In Manitoba, an estimated 710 men will be diagnosed with prostate cancer this year and 160 men will die of the disease**
- **In Canada, an estimated 25,500 men will be diagnosed and 4,100 men will die of the disease.**

Elements passes the taste test with flying colours

Campus restaurant in the new U of W building offers fresh, local food

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

Here's your chance to head back to university — except there are no exams and the only thing you have to read is a menu.

Elements has finally opened after much anticipation in the new U of W building. It's a bright, street-level restaurant open every day for students and non-students to enjoy.

With a focus on fresh and local, Elements adds something special to its breakfast, lunch and dinner menus. How often do you get natural bacon "dust" on your French toast or Spicy Bacon Caramel Popcorn ($5)?

Elements
599 Portage Ave.
786-9237
elementsrestaurant.wordpress.com
Reservations: Yes
Licensed: Yes
Quick solo lunch: Yes
Social lunch: Yes
Client negotiations: Yes
Co-worker lunch: Yes
Price range: $5 - $26
Rating: 5 out of 5

PAY CHEN

Whitefish Club Sandwich with soup and Spicy Bacon Caramel Popcorn.

A Whitefish Club Sandwich ($13) is served open-face on homemade focaccia. The perfectly grilled fish sits under back bacon, lettuce, tomato and tangy house made mustard and tartar sauce.

Soup of the day or a salad is served on the side.

Ramen bowls and comfort foods like mac and cheese, and pork dumplings are the perfect elements for the winter weather on its way.

THE CANADIAN PRESS H/O

Personal Naan Pizza

Looking to order take-out pizza again tonight?

Try something different like this Tuna Basil Pizza made with naan bread. It's tasty and has less calories than the take-out version.

You can also create your own flavours from this tasty combination once you've tried the pizza. Toppings like sliced red onions, mushrooms and sweet pepper also work well.

If naan isn't to your liking, try using Greek pita bread as an alternative.

Preparation:

1. Place naan on a flat surface and spread pizza sauce over top of bread. Sprinkle with cheese and tuna and top with black olives.
2. Place under preheated broiler for 3 minutes or until naan is crisp. Serve immediately.

EMILY RICHARDS/ CLOVER LEAF/ THE CANADIAN PRESS

Ingredients:

- 2 pieces (each 100 g) naan bread (200 g pkg)
- 125 ml (1/2 cup) pizza sauce
- 125 ml (1/2 cup) goat cheese
- 2 cans (each 85 g) flaked light tuna (sun-dried tomato and basil)
- 125 ml (1/2 cup) black olives, sliced

New role for leftover Halloween treats

Still dealing with your kids' stash from last week? Put mini chocolate bars to good use in these cupcakes

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

These cupcakes are surprisingly not too sweet.

The flavour changes with whatever chocolate bars you add.

Mine had a variety of flavours in each bite because I used a mixture of Coffee Crisp, Kit Kat and Hershey bars.

Depending on the size of the snack bars you can use up to 12 of them.

Preparation:

1. In bowl, whisk cocoa powder into milk; set aside. In another bowl, whisk flour, baking powder, soda and salt; set aside.
2. In bowl, using electric mixer beat butter and sugar until fluffy. Beat in eggs, one at a time. Beat in flour mix, alternating with cocoa mix with 3 additions of flour and 2 of cocoa until well combined. Stir in chocolate. Divide half of the batter among 15 paper lined muffin tins; set aside.
3. Surprise Filling: In bowl, beat cream cheese, sugar and vanilla until fluffy. Divide mix among muffin tins in centre of each. Top with remaining chocolate batter.
4. Bake in 375 F (190 C) oven 20 mins. or until firm on top. Let cool. Sprinkle with icing sugar. EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/

Ingredients:

- 1/2 cup (125 mL) unsweetened cocoa powder
- 1 cup (250 mL) hot milk
- 2 cups (500 mL) all purpose flour
- 1 tsp (5 mL) baking powder
- ½ tsp (2 mL) baking soda
- Pinch salt
- ½ cup (125 mL) butter, softened
- ¾ cup (175 mL) packed brown sugar
- 2 eggs
- 1 ½ cups (375 mL) chopped chocolate bars

Surprise Filling:

- ½ cup (125 mL) cream cheese, softened
- 2 tbsp (25 mL) granulated sugar
- 1 tsp (5 mL) vanilla

EMILY RICHARDS

Chocolate Bar Surprise Cupcakes

This recipe makes 15 cupcakes.

HOLIDAY BUDGETING

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Does holiday spending make you sweat? Don't fret — take 10 minutes and prepare a holiday budget.

Take five minutes to write down who you need to buy for and approximately how much you'd like to spend per person. Add it up.

If you're like the majority of Canadian households, your shopping list amounts to around $1,000. Yikes!

Money is tight these days! So, take five more minutes and determine ways to cut back on your overall expenses. Reduce the number of presents.

Rather than buying individual presents for each niece and nephew, purchase a gift for the whole family like a board game or passes to see a movie. Better yet, draw names for a family gift exchange; one present per person and limit the dollar value. Scrap gifts for colleagues and bake treats instead. Reduce the amount you spend per gift. Buy presents in bulk from discount or wholesale stores.

Make handmade crafts or baked gifts. Shop in advance and spread out your purchases. Monitor online coupon sites like Groupon. Scale down your purchase; buy a smaller set of wine glasses or ½ carat diamond versus a full carat.

Budget for meals and entertainment. Rather than preparing a holiday dinner on your own dime, host a potluck dinner instead. Use coupons and don't overbuy; a smaller turkey and veggie dishes are sufficient.

The holidays are about spending meaningful time with friends and family. Your thoughts and intensions are what count, not how much you spend.

FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA

Youth bailout package?

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

A September 2011 study by the BC Securities Commission has exposed an impending head-on collision that I've been warning about for years. The financial expectations of Canada's youth are on track to smash into their ever-diminishing financial reality.

The securities commission study surveyed over three thousand 17- to 20-year-olds across Canada.

They found that their expectations for the future were vastly different from current reality or what is most probably in the future.

"The young are heading for financial disaster if we don't take action."

-ALISON'S MONEY RULE

Survey respondents expected to earn, on average, more than $90,000 in 10 years time. Unfortunately, 25- to 30-year-olds with post-secondary degrees are now only averaging $31,640.

These figures become even more ominous in the context of a recent Statistics Canada study showing that wages of those 20 to 34, across all levels of education, declined significantly in the 1980s and the trend has continued to present day, though at a lesser pace.

Now factor in unemployment for youth, which hovers in the 14 per cent range compared to the national rate of just over seven per cent, and the picture gets pretty bleak.

Adding menace to these statistics, over half of the 17- to 20-year-olds are already carrying an average of $8,000 in debt from credit cards, lines of credit, student loans and family borrowing.

By the time they graduate, according to a 2010 Vanier Institute of the Family Study, that amount will have swollen to $18,000 not including family debt or lines of credit.

And what about those debts? Almost half say they are setting aside money and will "definitely" or "very likely" have them paid off in five years, while 25 per cent are doing nothing.

How likely is that these debts will be paid off in five years? Not likely based on a September 2009 survey by the Canadian Payroll Association, where two-thirds of Canadians 18 to 34 reported they would be in trouble if their paycheque was delayed by only one week.

We simply can't afford to let a generation fail.

ISTOCK

▶ Many young people are in debt and job-insecure.

We must make every effort to reduce youth unemployment and help them avoid or pay down debt, particularly student loans.

Since it is financial literacy month this isn't only a good goal, but also an essential one.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

SOMETIMES WE ALL NEED A LITTLE HELP FROM OUR FRIENDS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Last week I had an experience that I absolutely want to share with all of you.

I was scheduled to deliver an important speech to the executives of several very prominent hotels here in Shanghai. As I arrived at the hotel I struggled to get out of the very small taxi. In my struggles, all of a sudden I heard (much to my horror) a huge rip. Yes, my pant crotch, from front to back, was wide open and everyone outside of the car was exposed to my Calvin Klein's. A true wardrobe malfunction was in full swing. So what to do? I did not have enough time to go back to my hotel to change and I could not stay like this to deliver my speech. So, stuck in the back of the taxi feeling very embarrassed and awkward, I asked my host, Ms. Catherine, who had just experienced this display, if she had someone at the hotel who could sew my pants in an emergency.

And this is the part that's so fabulous. Ms. Catherine, a senior hotel vice president who was meeting me, calmly said, "Oh Mr. MacPherson don't worry, this is not the first time this has ever happened. Please follow me to a private area and we will call the seamstress right away."

And then while walking together she graciously said without missing a step, "While we wait for the seamstress can I order a coffee or tea for you?"

You can all imagine how embarrassed I was. But Ms. Catherine, with good etiquette skills, made me feel very comfortable in such an awkward situation.

I was so lucky to have Ms. Catherine there. She put me at ease, didn't draw any unnecessary attention to me and we all got through it painlessly. At the most important moment, Ms. Catherine made me feel calm and comfortable and for that I am eternally grateful, so thank you!

ISTOCK

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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4 sports

Will Pierce be ready to go?

Blue Bombers QB says he will be able to play in East final, but coach says not so fast

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Alex Brink is 0-2 in his starts at quarterback so far this season.

As far as Buck Pierce is concerned, he's good to go. But Winnipeg head coach Paul LaPolice hasn't decided which quarterback he'll play when the Blue Bombers host the CFL East final in two weeks.

"I won't make that decision until I see him on the field," LaPolice said yesterday.

"For me, right now, I'm ready to put the pads on and go," said Pierce, who has been recovering from a knee injury and insists he's ready to practise whenever the call comes.

He said he had been working towards playing this weekend, if Winnipeg had to play its way into the final. Montreal's 43-1 loss to the B.C. Lions handed Winnipeg the bye and home-field advantage without any more work, however.

It's still something to be proud of, Pierce said, even though the Bombers didn't play their way into top spot. They lost their last game to the Calgary Stampeders 30-24, when a win would have made Montreal's result irrelevant.

"We haven't been favourites at all all year and here we sit at first place in the East ... When all is said and done it's a one-game season right now."

It's certainly a major turnaround for the Bombers, despite a few issues in the last half of the season. Their 10-8 finish is a lot better than last year's 4-14 early exit at the end of regular play. They're playing in their first division final since 2007 and they haven't won a Grey Cup since 1990, which, coincidentally, was at B.C. Place where this year's final will be held.

The bye should give the Bombers time to get most of their regular roster healthy enough to play, he said. That might even include safety Ian Logan, who had an emergency appendectomy.

Pierce has been out with a sprained right knee since Winnipeg's Oct. 28 loss to the Toronto Argonauts. Replacement Alex Brink is 0-2 in his two starts so far this season.

"I'll be as confident with whoever plays, whether it's quarterback or running back or wide receiver, because that's what you have to do."
BOMBERS HEAD COACH PAUL LAPOLICE

The most recent was Saturday's defeat in Calgary. The Bombers were down 24-0 midway through the second quarter before they picked up their game and battled back.

It was typical of the slow start that has plagued the team for most of this season and LaPolice says they can't let that happen again.

"We have to make sure we can play focused football," said the coach.

The pasting B.C. handed to Montreal has to make any CFL East challenger a little concerned about facing the Lions in the Grey Cup. Like Winnipeg, they secured their division top spot and a bye into the Western final, but they did it with a win since Calgary was chomping at their heels. Calgary and Edmonton now must play for the right to challenge for the CFL West title.

"They've got the opportunity to win one more and have the Cup at home, so I know that's a huge motivation for them," Pierce said of the Lions.

LaPolice wouldn't be drawn into any speculation about a Grey Cup game he hasn't yet got a right to play.

"I'm not even going to think about who's on the other side. We've got to beat whatever team shows up here, so we'll prepare this week for Hamilton and Montreal."

THE CANADIAN PRESS

Quoted

"Anybody who pays attention to these things already knew that. The only organization in denial was the NHL."

DICK POUND, WHO SAYS GEORGES LARAQUE'S ALLEGATIONS ABOUT PERFORMANCE-ENHANCING DRUGS IN THE NHL REINFORCE WHAT HE HIMSELF SAID SIX YEARS AGO. POUND, THEN PRESIDENT OF THE WORLD ANTI-DOPING AGENCY, RAISED EYEBROWS IN NOVEMBER 2005, WHEN HE SAID AS MANY AS A THIRD OF NHL PLAYERS WERE USING SOME KIND OF PERFORMANCE-ENHANCING DRUG.

Crosby could be back this Friday

Sidney Crosby didn't say no.

He didn't say yes, either. But yesterday, the NHL's sidelined superstar said he could return from his 10-month concussion layoff as early as this weekend.

While the Penguins captain emphasized his status hasn't changed — and there is no target date for his long-anticipated return — he also said he isn't ruling out any game on the upcoming schedule.

Only a week ago, by contrast, he said there was no chance he would play last Thursday in San Jose or Saturday in Los Angeles. Pittsburgh is enjoying a five-day break before playing the Dallas Stars at home Friday and the Carolina Hurricanes on the road Saturday.

"I'll reiterate to you again, there is not a timetable or a date right now that we know and you don't."
PENGUINS COACH DAN BYLSMA

"That's a possibility," Crosby said of returning Friday. "Just like however many games left there are (a possibility). ... I'd love it to be (Friday), but I would have loved it to be on the West Coast trip, too. There are a lot of different guesses but, like I said, everyone's guesses are as good as mine."

There is guesswork involved because nobody seems to know for certain how much contact — or how little — Crosby must absorb during practice for his doctors to clear him to play for the first time since Jan. 5.

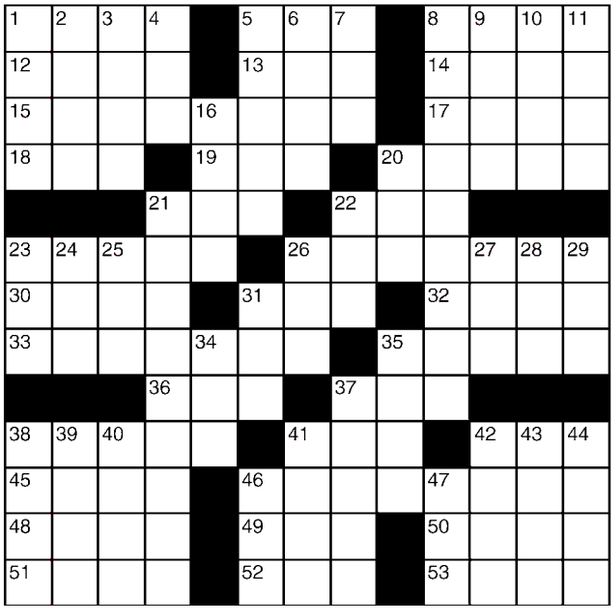
Crosby unexpectedly flew back to Pittsburgh from Los Angeles to meet Sunday with his concussion specialists, touching off talk that his return was imminent. However, he said he merely wanted to get the session out of the way so he could take part in team-building activities yesterday and today.

Penguins coach Dan Bylsma also said nothing has changed. Crosby goes through all drills during practices with his teammates, then is evaluated periodically by those overseeing his recovery to see how he is progressing.

"I just tell them how I feel. That's usually how it goes, giving feedback and letting them know how I'm feeling," Crosby said.

THE CANADIAN PRESS

Crossword



Across

1 Chew at persistently
5 Banned bug killer
8 "American —"
12 Architect Saarinen
13 Rage
14 Exploding star
15 Outer
17 Campus area, for short
18 Pigpen
19 Ovum
20 Sullen and gruff
21 Agent
22 Luau side dish
23 Undoes a dele
26 Log
30 Basin accessory
31 Wicked
32 Corn Belt state
33 Army rank
35 Moisten in the morn
36 "Just kidding!"
37 Owns
38 Festoons
41 Petrol
42 Blackbird
45 Poetic foot
46 Hellish
48 Transport on Oscar night
49 Trench
50 Hoisted, nautically
51 U.S. fort where gold is kept
52 Donkey
53 Cameo gem

Down

1 The Bee —
2 Adjacent (to)
3 Bohemian
4 Travail
5 Having set-in stains
6 "La Cage aux Folles" costuming
7 — Aviv
8 Requests for information
9 Gloomy
10 Elliptical
11 Country trio — Antebellum
16 Dems.' rivals
20 Old French coin
21 Case for storing valuables
22 Pea holder
23 Moment
24 Pair
25 Moray, for one
26 Tokyo-based carrier
27 Affirmative action?
28 Shock and —
29 Legislation
31 Wager
34 Ph. bk. data
35 Foundation
37 Weapons' handles
38 Luxurious fabric
39 Large, heavy wagon
40 Bullets et al.
41 Wildebeests
42 Unsigned (Abbr.)
43 Almost black
44 Holly
46 Glass of NPR
47 Pi follower

▶ Yesterday's answer

G	U	M			A	S	P		R	O	A	D		
A	N	E	W		N	I	L		U	N	D	O		
L	I	M	A		D	N	A		N	E	O	N		
A	T	O	L	L		K	I	L	N					
			K	I	D		D	E	I	C	E	D		
J	A	N	I	T	O	R		A	N	O	D	E		
A	M	E	N		G	I	N		G	A	G	A		
V	I	R	G	O		B	U	M	B	L	E	R		
A	D	D	S	U	P		T	A	O					
			T	R	O	T		P	A	T	T	Y		
M	A	L	I		S	I	R		R	H	E	A		
E	P	I	C		I	R	E		D	R	A	W		
G	E	E	K		T	E	D			U	R	N		

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku

4								5
6			5		3			7
		3	8	9	6	2		
	4		3		9		7	
	7						2	
	6		2		1		8	
		7	9	6	5	1		
5			4		8			9
8								2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

6	5	3	4	7	8	9	2	1
8	1	2	5	3	9	7	6	4
4	9	7	2	1	6	5	3	8
7	4	9	8	5	3	2	1	6
2	8	1	6	9	7	4	5	3
3	6	5	1	2	4	8	9	7
9	7	8	3	6	2	1	4	5
5	2	6	7	4	1	3	8	9
1	3	4	9	8	5	6	7	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My # 1,
There's more to come. Will u Marry Me????
KING L

Not lost! a little disappointed in myself, scared about the controversial aspect, but do want to try.
FOREVER

Lucie,
Your the sweetest girl someone could ask for. When I open my eyes in the morning nothing feels better than knowing I can see you. I love every moment we share together :)
KEVIN

Miss. Magoo,
Ice cream. Ice cream in my face. Ice tea. Ice tea in my face. Walked past that old willow today. Cochrane kisses, and construction powerslides. I found you miss magoo!
FRANCHDRESSING

A look at the weather

TODAY	TOMORROW	THURSDAY
Min -7°	Min -6°	Min -4°
Max 3°	Max 2°	Max 3°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

BT BREAKFAST TELEVISION

Today's horoscope

♈ Aries March 21-April 20 You must get over the idea everyone you meet wants to cheat you. It isn't true.

♉ Taurus April 21-May 21 You won't be able to hide your feelings from other people today, so don't even try.

♊ Gemini May 22-June 21 Chances are most things can wait until tomorrow, if not the day after, so take it easy.

♋ Cancer June 22-July 22 Make this the day of the week you take off to recharge your batteries. Tomorrow you'll fly.

♌ Leo July 23-Aug.23 Learn what you can from what went before and then move purposefully towards the future.

♍ Virgo Aug. 24- Sept. 22 Be wary of anyone who tries to encourage you to take unnecessary risks. What's in it for them?

♎ Libra Sept. 23-Oct. 23 Someone will try to take something from you today, but they won't succeed.

♏ Scorpio Oct. 24-Nov. 22 Be selective in what you do or a lot of your energy will be wasted.

♐ Sagittarius Nov. 23-Dec. 21 Rivals and competitors seem determined to give you a hard time. Keep telling yourself that you have what it takes to be the best and keep telling them that you refuse to play by their rules.

♑ Capricorn Dec. 22-Jan. 20 Nothing in your life is set in stone.

♒ Aquarius Jan. 21-Feb. 18 Control your desires, don't let them control you.

♓ Pisces Feb. 19-March 20. Focus on the big issues today. Don't allow yourself to be distracted by the little, everyday things that tend to take up far more time and energy than they are worth. **SALLY BROMPTON**

Caption contest

ITSUO INOUYE/ THE ASSOCIATED PRESS

DITA ALANGKARA/ THE ASSOCIATED PRESS

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You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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